

# Chinese Cauliflower Stir Fry (????)

Yield: 3 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-cooking-cauliflower-chinese-style>

## Ingredients:

- 18 ounces cauliflower Chinese, or regular cauliflower
- 2 tablespoons peanut oil or vegetable oil
- 5 dried chili peppers Optional
- 2 shallots sliced, or 1/2 white onion
- 4 cloves garlic minced
- 1 tablespoon ginger minced
- 2 tablespoons doubanjiang spicy fermented bean paste, or 1 tablespoon for a less spicy and less salty dish, \*Footnote 1
- 1/4 teaspoon Sichuan peppercorn ground
- 1/4 cup vegetable stock or water
- 2 tablespoons Shaoxing wine or dry sherry
- 1 tablespoon light soy sauce or soy sauce
- 1 teaspoon sugar

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 25 grams
3. Fat: 9 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 440 milligrams
8. Sugar: 5 grams

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